

Diabetes and Depression Laboratory Newsletter



Letter from the Editor

Dear Friend of the Lab,
 We are pleased to bring you this issue of the Diabetes and Depression Laboratory Newsletter. The topic for this issue is one that is familiar to all of us: stress. At one time or another, we have had the experience of feeling that the demands on our energy, time or emotions are greater than what we have to give. This may also be true for stress from medical problems such as diabetes.

In this issue, we take a moment to talk about the relationship between stress and diabetes and some common tips for reducing stress. Whether we are directly or indirectly affected by recent changes in the economy, we can see the effects of stress on ourselves and people we know. We hope that the information provided in this issue will be helpful as

we move through these challenging times.

We continue to ask for your help in completing a study called the Pathways Study. It is designed to help us better understand the role the immune system might play in the relationship between diabetes and depression. In this study, we are asking women over the age of 50 to complete a set of questionnaires, a personal interview, and provide a blood sample. Participants are paid \$20 for their time. We have more than half of our sample at this time, and we would welcome your help. For more information, please call us at 1-888-771-0002 to find out if you might qualify.

Finally, we wish to thank all of the participants of our Program ACTIVE study for their hard work over the past 3 years. We are in the final stages of the study, learning much from the important data that our participants have shared with us. We will share our findings in the Spring edition of this newsletter.

As always, we welcome your feedback about this newsletter and the work of our lab. Please do not hesitate to call us at 1-888-771-0002.

Best wishes for healthy and happy spring,

Mary de Groot, Ph.D.

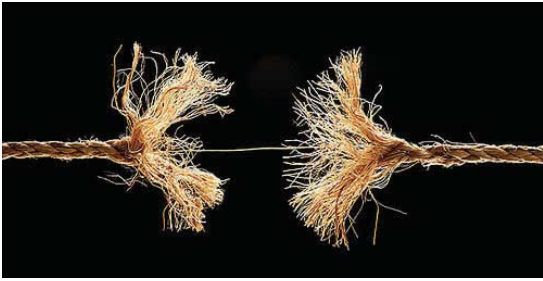
Inside this issue:

Letter from the Editor	1
Stress and Diabetes	2
Green Beans with Blue Cheese and Almonds	2
Coping with Stress	3
Pathways Study	4



Stress and its Effects on Diabetes Health

By Erin Rabideau



The American Diabetes Association (ADA) recently discussed the effects stress on diabetes health. According to the ADA, all types of stress, both mental and physical, affect the body through the “fight or flight response.” This is a natural response by the body to get ready to spring into action when there are signs of danger. When this happens chemicals, called hormones, are released into the blood stream that release sugar into the blood stream. In people without diabetes, this extra blood sugar can be used by the body to jump into action if needed. In people with diabetes, there may not

be enough insulin in the blood stream to allow the cells to use the sugar. The end result of this process is that people with diabetes under stress may experience higher blood sugars.

In addition to the physical ways that stress affects diabetes health, stress also changes the way and/or timing of how we care for ourselves. The ADA states that it can also be difficult for people with diabetes under stress to find the energy to take care of themselves properly. They forget to take their medication at the usual times, skip exercise or eat foods that are not in their prescribed diet plan because they are convenient. For most people, blood sugars will be higher on the days we are sick or injured.

You can test to see how physical and emotional stress affects your blood sugars. Before testing your blood sugar, write down the level of stress you feel at that time from 1 (no stress) to 10 (highest level of stress). Then, write your blood sugar level next to the rating. It would also be helpful to write down whether you have had significant changes in your food intake or exercise on that day. After a week or so, look to see if you notice a pattern between your blood sugars and your stress levels. Are your blood sugars higher when you feel higher levels of stress? Are there changes in diet, medication or exercise on those days as well? Talk with your doctor about stress and ways to support managing your diabetes. Every person may have different ways to cope with stress. Find a few that work for you!

(For more information go to <http://www.diabetes.org/type-1-diabetes/stress.jsp> to learn more about how stress affects individuals with either type 1 or type 2 diabetes.)

Green Beans with Blue Cheese and Almonds

By Francie Astrom, Licensed Dietician

Serves 4 people,

- 2 ½ cups fresh green beans
- 1 teaspoon olive oil (optional)
- 1 ½ cups mushrooms, sliced
- 2 green onions, sliced
- 1 tablespoon almonds, sliced
- 1 tablespoon dried tarragon
- 1 ounce crumbled blue cheese
- non-stick cooking spray



Nutrition Facts:

Total calories: 70 Calories from fat: 34

Total fat: 4g, Saturated fat: 1.5g, Cholesterol: 5mg

Carbohydrate: 7g, Dietary fiber: 3g

Protein: 4g, Sodium 105mg

Exchanges: counts as ½ Carbohydrate Choice (or 1 vegetable),
½ Medium Fat Meat

Clean the green beans and cut into bite sized pieces, or leave whole. Spray a large skillet with non-stick cooking-spray. Add olive oil, if desired. Heat the pan over medium heat. Combine green bean, mushrooms, green onions, almonds and tarragon in skillet. Sauté until green beans are tender, but firm, about 3-4 minutes. Add blue cheese and stir just until cheese begins to melt. Serve immediately.

Coping with Stress

By **Madeline Vardell**

Stress can come from a wide range of sources including physical (such as injury or illness) and mental (such as finances, relationships and work) sources. Diabetes can also be a source of stress. Many aspects of everyday diabetes care, such as taking medication, checking blood sugars, and making healthy food choices, can be stressful. Because stress can affect blood sugar levels, it is especially important that individuals with diabetes have tools for managing stress.



Here are a few suggestions from the ADA to better cope with stress in your life:

- **Breathing exercises** – Sit or lie down with your legs and arms uncrossed. Take in a deep breath and exhale as much air as possible before inhaling again. Repeat this process while relaxing your muscles. Do this for 5 to 20 minutes at least once a day to reduce stress.
- **Exercise** – Rid your body of stress through exercise by using arm or leg circles and stretching. To add some fun to these techniques, try them to music. Remember to consult with your doctor if you are planning to make a change in your exercise routine.
- **Replace negative thoughts with good ones** – Every time you notice you have a negative thought, think of something positive that makes you happy. You can also memorize a poem, prayer, or quote and recite it to yourself to replace thoughts that lead you to feel overwhelmed or down on yourself.
- **Join a support group** – Living with diabetes can be overwhelming. Sometimes talking to others in the same situation can reduce stress and remind you that you are not alone in this experience. You can also exchange tips on how to best manage stress. Here are a few local diabetes-related support groups:

Fairfield Medical Center – This group meets on the 4th Monday of each month from 6:00-7:00pm (no fee). Call Stephanie Von Horn for more information (740) 687-8492.

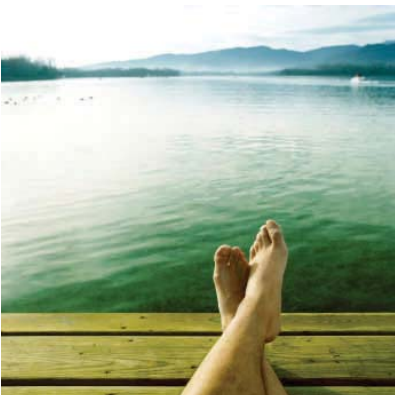
Marietta Memorial Hospital – This group meets monthly at varying dates and times (no fee). Call the Diabetes Education Center for information about up-coming meetings (740) 568-5249, (740) 568-5433, 1-800-523-3977.

- **Take up in a new hobby** – Put your excess energy toward an activity you enjoy, such as:

- Taking up a dance class
- Exercising with others
- Learning a craft
- Volunteering at a local charity



- **Practicing Relaxation.** When we are encouraged to practice relaxation, we may think of exotic places like a distant beach or a pricey visit to a spa. Yet, relaxation is something that may be part of our regular routine without additional expense or work. Take a moment to think about the ways that relaxation may be part of your regular routine. Here are common techniques people use to relax:



- Prayer or meditation
- Lowering the lights or lighting candles
- Music that may recall happy memories or may be soothing
- Quality time with a favorite pet
- Building in “down time” into your day or evening
- Reading
- Smiling or offering a compliment to others



**Diabetes and Depression
Laboratory at Ohio University**

Department of Psychology

.....

Diabetes and Depression Lab
200 Porter Hall
Athens, OH 45701
(740) 597-2564
Athens, OH 45701



Diabetes and Depression Pathways Study



Are you a woman who...

- Has Type 2 Diabetes?
- Is at least 50 years old?
- Is post-menopausal?
- Is a nonsmoker?

Would you like to ...

Participate in a study to better
understand diabetes and depression?

You will receive ...

\$20 for your time

CONTACT

Mr. Todd Doyle

Or

Ms. Jean Andrews

Or

Dr. Mary de Groot

Diabetes and Depression Laboratory

740-597-2564

Or 1-888-771-0002

It's as simple as ...

- Filling out a packet of forms about your experiences with diabetes, depression, stress, sleep quality and social support.
- Giving a small blood sample
- Being interviewed about your life experiences